




Aventura City of Excellence School Lunch Menu February 2019



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				February 1 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots <i>OR</i> Side Salad Fruit Cocktail Low Fat & Fat Free Milk
February 4 Mac & Cheese OR Whole Wheat Tuna Sub Garlic bread Peas & Carrots or Side Salad Sliced Peaches Low Fat & Fat Free Milk	February 5 Spaghetti & Meatballs marinara <i>OR</i> Turkey Salad Sandwich Mixed veggie <i>OR</i> Side Salad Sliced Pears Cookie Low Fat & Fat Free Milk	February 6 Pizza Cheese Bagel or Whole Wheat BMT Sub Tater tots Steamed Green beans or side salad Slices Peaches Low Fat & Fat Free Milk	February 7 Hamburgers on Whole Wheat Bun OR Turkey Sub Lay chips Cole Slaw or Side salad Tropical Fruit Low Fat & Fat Free Milk	February 8 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots <i>OR</i> Side Salad Fruit Cocktail Low Fat & Fat Free Milk
February 11 Elbow pasta with pink sauce or Wheat Tuna Sub Garlic bread Peas & Carrots or Side Salad Sliced Peaches Low Fat & Fat Free Milk	February 12 Chicken Hot Dogs on Whole Wheat Bun OR Turkey Sub WGR Chips Baked Beans or Side salad Tropical Fruit Low Fat & Fat Free Milk	February 13 WGR Spiral Pasta with Alfredo Cheese Sauce OR Whole Wheat Tuna Salad Sandwich Whole Wheat Roll Mixed veggie or Side Salad Fresh Apple Slices Low Fat & Fat Free Milk	February 14 Baked Chicken Nuggets OR BMT Combo Sub Mashed Potatoes Peas ½ Banana Low Fat & Fat Free Milk	February 15 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots <i>OR</i> Side Salad Fruit Cocktail Low Fat & Fat Free Milk
February 18 NO SCHOOL CLOSED PRESIDENT'S DAY	February 19 Baked Ziti OR Whole Wheat Tuna Sub Whole Wheat Roll Steamed Carrots or Side Salad Sliced Pears Low Fat & Fat Free Milk	February 20 **Early Release** Kosher  Turkey sub Multigrain Chips Fresh Apple Water	February 21 Chili Beef Or whole wheat Salami sub White Rice Lima beans or Side salad Pineapple Chunks Low Fat & Fat Free Milk	February 22 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots <i>OR</i> Side Salad Fruit Cocktail Low Fat & Fat Free Milk
February 25 Whole Wheat Toasted Cheese Sandwich <i>OR</i> Tuna Salad Sandwich Baked Veggie Chips <i>Chick peas OR</i> Side Salad Sliced Pears Cookie Low Fat & Fat Free Milk	February 26 Bow Tie Pasta & Meat Sauce OR Whole Wheat Salami Sub Garlic Bread Mixed Veggies or Side Salad Wedges orange Low Fat & Fat Free Milk	February 27 Oven-Baked Breaded Fish Sticks OR Whole Wheat Turkey Sub Brown Rice Peas and Carrots or Side Salad Fruit Cocktail Low Fat & Fat Free Milk	February 28 Arroz con pollo Sweet plantain <i>OR</i> Tuna Salad Sandwich Steamed green beans <i>OR</i> Side Salad Sliced Pears/Fortune Cookie Low Fat & Fat Free Milk	

LUNCH PRICE \$3.90 DAILY

Side Salad consist of lettuce, Tomatoes & Cucumbers A-la-Cart: Hard Boiled Egg \$0.50; Portion cup of Tuna Salad \$0.50; An Alternative Protein Choice Will Be Offered Every Day Except on Early Release Days; The Salad Bar is an alternative meal to the daily lunch being offered. Salad Bar consists of the following items: Lettuce, Tomato, Cucumbers, Carrot Sticks, Celery Sticks, Hard Boiled Eggs, Tuna Salad and a slice of Whole Wheat Bread.